

December Free Supports for You – Available Online & In Our Centres

To register: email info@arccancersupport.ie or call us on (01) 215 0250.

Monthly Zoom Support Groups

Breast Cancer Support Group
Wed 03 Dec: 5:00pm – 6:15pm

Prostate Cancer Support Group
Fri 05 Dec: 10:30am – 11:30am

Gynaecological Cancers Support Group
Wed 10 Dec: 10:45am – 12:15pm

Secondary Cancer Support Group
Wed 10 Dec: 1:30pm – 2:45pm

Weekly Zoom Classes

Mondays
Pilates

12:00pm – 1:00pm
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Wednesdays

Yoga
9:30am – 10:30am
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Thursdays

Mindfulness
2:30pm – 3:30pm

In-house Mindfulness Class

Thurs 2:30pm-3:30pm

Location: in our Eccles Street Centre, please register today.

Breathwork

Workshop
Friday - 5th Dec
10.00am to 12.00pm
Eccles Street

Fear of Reoccurrence

5th Dec 2025, 10 am to 12 pm
Workshop

A 2 hour workshop that will help you to **live fully without fear taking the lead**

Location: ARC Cancer Support, 65 Eccles Street, Dublin 7

*Merry
Christmas!*

Services will pause from Friday 12 Dec and resume on Monday 05 Jan.

While the Drop-in support will still be available from Dec 15th -19th, Mon-Thurs: 10am – 4pm & Fri – 10am-2pm.



We hope you all have a happy and peaceful Christmas and wish you all the best for 2026.

One-to-One Appointments

Individual appointments are available for:

-**Adult Counselling (phone, online or in-person)**
Child/Teen/Young Adult Therapy

Note: Child Therapy is only available at SCR and Eccles Street.

-**Acupuncture/Reflexology**
-**Manual Lymph Drainage (SCR)**
-**Roches Wigs & Breast Care Clinic Thursdays (ES)**
For Roches Clinic appointment call 01 492 6829

ARC Cancer Support Centres is a registered charity in Ireland.
Registered Charity Number: 20028428

Email: info@arccancersupport.ie Call: 01-215 0250 Website: www.arccancersupport.ie